



Label-Reading Basics

If you want your child to eat smart, one to the most important skills you can teach is how to read food labels. Most kids are ready to learn how to read labels by age six.

Look at the food labels on your child's favorite cereal, pretzels, cookies and fruit juice. Let the kids pour into a bowl or glass the amount they usually eat. Get out the measuring cups and measure the amount in a serving shown on the label. Compare the two amounts and see if there is much difference.

Have kids test their math skills. Read on the cereal box how many grams of sugar are in a serving. Then divide the number of grams by four—the number of grams in 1 teaspoon—to find out how many teaspoons of sugar the cereal has in one serving. For example, if the cereal has 12 grams of sugar, divide by four, and that equals 3 teaspoons or 1 tablespoon of sugar PER serving. Are kids eating just one serving, or more?



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Make sure your child is getting one or more nutrients along with the calories. Important nutrients for kids include protein for growth, calcium for strong bones and teeth, iron for healthy blood, vitamin A for good eyes, and vitamin C to help heal cuts and scrapes.

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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